



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Employee Assistance Program (EAP) Monthly Email – October 2023**

### **Managing Depression**

Are you feeling down more than usual or getting angry about little things? Have you lost interest in things you used to enjoy? These can be symptoms of depression. Fortunately, depression can be treatable.

If you or a loved one struggles with depression, your Carelon Wellbeing benefit offers support and resources at no extra cost. Use it to:

- Access screenings to help identify depression.
- Learn about treatment options.
- Find professional counseling online or in person.

- Discover tips for helping a loved one who is experiencing depression.

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## Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.



**PHONE: 866-987-3705 | 401-429-2104**

**WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>**

*(If you're going to print this email, use attached "Printing Version" for best results)*

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